

FOR IMMEDIATE RELEASE

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Chesapeake Life Center's Prince George's County 2019 spring grief support schedule

(LARGO MD, March 20, 2019) — **Chesapeake Life Center** will offer a variety of grief support groups April through June 2019 through its Prince George's County office at 9500 Medical Center Drive, Suite 250, Largo.

- **Coffee and Conversations Monthly Morning Grief Support Group** is an informal gathering that provides a safe place for sharing and learning about grief while exploring coping strategies. The group will meet from 10 to 11:30 a.m. on the second Thursday of the month April 11, May 9 and June 13.
- **Monthly Evening Grief Support Group** is similar in format to the morning group and will meet on the fourth Thursday of the month from 6 to 7:30 p.m. April 25, May 23 and June 27.
- **Sudden Loss Support Group** is for adults who are grieving someone who has passed from unexpected or sudden deaths, including suicide, homicide, accidents, natural causes such as an accident or allergic reaction or from advanced terminal illness that was undiagnosed or when death occurred within two months of diagnosis. The group will meet on the evenings of April 22 and June 17. Call for times and to speak with a counselor prior to attending your first meeting.
- **SoulCollage Grief Support Group** has participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The group will meet from 5 to 7:30 p.m. April 8, May 6 and June 3. The cost is \$10.

Child care is not provided, and children are not permitted in any of these groups. Registration is required for all groups and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org.

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Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one. For details, visit www.chesapeakelifecenter.org.